

Old School New Body

Only 90
Minutes
Per
Week!

The F4X Youth-Enhancing
Bodyshaping System For
Men and Women

JR JOHN ROWLEY
EXPERT SERIES



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Steve & Becky Holman

5 Steps To Looking 10 Years Younger

By Steve & Becky Holman

Did you know that once you hit 40 years of age, whether you're a man or a woman, your body starts aging **FASTER** than normal? Studies have shown that without the proper nutrients and exercise, your body will age about 6 months **EXTRA** for every year that passes. Think about that! If you are 40, that means by the time you hit 44 you will **LOOK** and **FEEL** 48. And by the time you reach 60, you will **LOOK** and **FEEL** 70 **YEARS OLD!** We see this every day... just look around you.

Did you know that 90% of people over the age of 35 lose enough muscle every year to burn off an additional 4 pounds of body fat? That means you not only lose the only thing on your body that creates shape, tone, and strength—you also gain more fat every year, **even if your calories stay the same.**

Did you know that **all of this is reversible at any age?** That there are specific ways to move, eat, and think that tell your brain to **STOP** this rapid aging process... and even **SLOW IT DOWN** to the point where you're aging less than a year for every year? That means you can look younger at 40 than you do at 35... or if you're like Becky and I, younger at 50+ than we did at 40!

This is not fantasy talk. This does not require a boatload of anti-aging drugs, supplements, or gimmicks. And, this works for anyone, male or female, you name it. The biology is exactly the same.

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calories burned stationary bike 20 minutes calories burned 100 kettlebell swings calories burned 45 minutes spinning calories burned stair climbing calculator calories burned on treadmill for 60 minutes calories burned on treadmill at 10 incline how many calories burn a day lose weight calories burned by standing still calories burned leaf blowing calories burned 8 minute mile calories burned sitting in office app that tracks calories burned at gym calories burned 20 mile bike ride calories burned jogging 0.5 miles calories burned doing ab work how many calories burned with squats calories burned after strength training calories burned gilad workout calories burned climbing real stairs calories burned raking calories burned running 7 kilometers calories burned during rowing machine how to look younger at 40 male calories burned on treadmill for 20 minutes calories burned half hour treadmill calories burned with crossfit calories burned sprinting treadmill calories burned climbing 300 stairs calories burned on a rowing machine calories burned walking the stairs calories burn a day calculator calories burned sitting for 1 hour calories burned erging calories burned swimming different strokes calories burnt standing for 5 hours calories burn 30 minutes jogging calories burned by stair climbing calories burnt swimming breaststroke calories burned kettlebell workout calories burned sleeping awake calories burned in kickboxing per hour calories burned treadmill calories burnt standing 4 hours accuracy of calories burned on elliptical calories burned garden work look younger in 30 days calories burned running 8.5 minute mile look younger blog 200 calories burn a day calories burned kilometer calories burned anaerobic exercise calories burned running livestrong calories burned on elliptical vs walking calories burned sitting on the couch look younger no surgery calories burned nike workout calories burned crossfit calculator calories burned pure barre calories burned body squats calories burned 10 000 steps calories burned during squats net calories burned on elliptical calories burnt sleeping calculator look younger than 40 calories burned raking leaves calories burned on treadmill at 7 incline calories burnt swimming for 2 hours calories burned crossfit workout calories burned stationary bike calculator calories burned treadmill 3.5mph calories burned kilojoules how many calories burned 5 minutes on elliptical how many

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insanity calories burned aerobics 30 minutes calories burned while running on treadmill calories burned doing nike training app calories burnt swimming fast calories burned swimming in an hour calories burned running hills number of calories burned doing kickboxing calories burned at work fast food calories burned swing dancing calories burned workout watch calories burned sitting elliptical calories burned doing treadmill intervals calories burned sitting typing calories burned swimming 1500 yards calories burned on elliptical at 6 mph more calories burned standing than sitting calories burned on treadmill at incline calories burned zumba wii how to look younger after age 40 make you look younger app calories burn one pound calories burned with daily workout app calories burned doing barre work calories burned squats 100 calories burned exercise trampoline calories burned swimming 800 yards calories burned after stationary bike calories burned on treadmill 10 minute mile calories burned cardio app calories burned stationary bike 45 minutes calories burned doing squats calories burn 1 kilo fat calories burned zumba gold calories burned during sleeping calculator calories burned running x miles high impact kickboxing calories burned calories burn throughout the day calories burn jogging calories burnt by standing all day hot and cold water diet calories burned kilograms lose calories burned sitting outside calories burned treadmill 20 incline calories burned on trampoline calories burned on treadmill at 3 mph calories burned from swinging calories burnt rowing machine per hour calories burned from running a marathon how much calories burned squats calories burned in aerobic dance calories burned crossfit class many calories burned ab ripper x calories burned treadmill or elliptical calories burnt standing 7 hours calories burned on elliptical accurate how many calories burned doing 55 squats calories burned exercising 30 minutes calories burned standing instead of sitting calories burned running vs rollerblading calories burned on treadmill 10 incline calories burned during exercise video calories burned on stationary bike for 40 minutes calories burned swimming a mile vs. running calories burned swimming butterfly stroke calories burned aerobic stepper calories burned on elliptical or bike calories burned x trainer calories burned mountain biking calories burnt 5k look younger secrets that work calories burnt swimming one lap calories burnt swimming 1250 meters calories burned through elliptical calories burned climbing stairs per step calories burned swimming laps 30 minutes calories burned strenuous exercise calories burned sleeping yahoo calories burned 60 minutes weight training calories burned squat workout calories burned 7 mile bike ride calories burned strength exercise calories burned standing for 20 minutes calories burned after running 6 miles calories burned fall activities calories burned on treadmill in 1 hour activities and calories burned in 1 hour calories burn insanity runtastic app calories burned calories burn in walking calories burned mowing grass calories burned exercise swimming calories burned standing 8 hours vs sitting calories burned swimming equation